

WAIKATO SUMMER LONG COURSE



27-28 FEB. THE HEAT IS ON.

Waikato Summer Long Course

Venue: Waterworld Aquatics Centre, Hamilton

Date: 27 – 28 February 2021

Long Course (50m)

Saturday 27 February

Session 1: Warm up—8.15am. Racing starts at 9.15am

Session 2: Warm up— 16:00. Racing starts 17:00pm

Sunday 28 February

Session 3: Warm up—9.15am. Racing starts at 10.15am

Session 4: Warm up— 16:00. Racing starts 17:00pm

MEET RATIONALE – This meet serve multiple purposes for many swimmers, some will use this meet as a stepping stone towards National Age Groups and National Opens (Olympic Trials); and for those who haven't already qualified for Nationals, it will act as a target meet necessary to hit those national time standards; and for others this will be the pinnacle opportunity to compete against the top swimmers in the region and beyond.

This will be a CASH MEET for OPEN FINALS & RELAYS

**Fastest Male and Female Age Group swimmers will be awarded TEAMLINE VOUCHERS
(12 & Under, 13-14 yrs, 15-16yrs)**



#weare waikato

OUR PARTNERS

Sponsors & Supporters



SATURDAY SESSION 1: Warm up 8:15am—Racing starts 9:15am					
Event	Distance	Stroke	Gender	Age	Event Type
1	400	Free	Female	Open	TIMED FINAL
2	400	Free	Male	Open	TIMED FINAL
3	200	Back	Female	Open	Heat
4	200	Back	Male	Open	Heat
5	100	Butterfly	Female	Open	Heat
6	100	Butterfly	Male	Open	Heat
7	200	Breaststroke	Female	Open	Heat
8	200	Breaststroke	Male	Open	Heat
9	100	Free	Female	Open	Heat
10	100	Free	Male	Open	Heat
11	200	IM	Female	Open	Heat
12	200	IM	Male	Open	Heat
13	800	Free	Female	Open	TIMED FINAL (Top 16)

SATURDAY SESSION 2: Warm up— 16:00. Racing starts 17:00pm (13+)					
Event	Distance	Stroke	Gender	Age	Event Type
3	200	Backstroke	Female	Open	FINAL
4	200	Backstroke	Male	Open	FINAL
5	100	Butterfly	Female	Open	FINAL
6	100	Butterfly	Male	Open	FINAL
7	200	Breaststroke	Female	Open	FINAL
8	200	Breaststroke	Male	Open	FINAL
14	50	Backstroke	Female	Open	TIMED FINAL
15	50	Backstroke	Male	Open	TIMED FINAL
9	100	Freestyle	Female	Open	FINAL
10	100	Freestyle	Male	Open	FINAL
11	200	IM	Female	Open	FINAL
12	200	IM	Male	Open	FINAL
16	50	Breaststroke	Female	Open	TIMED FINAL
17	50	Breaststroke	Male	Open	TIMED FINAL
18	4 x 100	Free Relay	Mixed	Open	TIMED FINAL

SUNDAY SESSION 3: Warm up—9.15am. Racing starts at 10:15am					
Event	Distance	Stroke	Gender	Age	Event Type
19	400	IM	Female	Open	TIMED FINAL
20	400	IM	Male	Open	TIMED FINAL
21	100	Back	Female	Open	Heat
22	100	Back	Male	Open	Heat
23	200	Free	Female	Open	Heat
24	200	Free	Male	Open	Heat
25	100	Breaststroke	Female	Open	Heat
26	100	Breaststroke	Male	Open	Heat
27	200	Butterfly	Female	Open	TIMED FINAL
28	200	Butterfly	Male	Open	TIMED FINAL
29	1500	Free	Male	Open	TIMED FINAL (Top 16)

SUNDAY SESSION 4: Warm up— 16:00. Racing starts 17:00pm (13+)					
Event	Distance	Stroke	Gender	Age	Event Type
21	100	Backstroke	Female	Open	FINAL
22	100	Backstroke	Male	Open	FINAL
23	200	Freestyle	Female	Open	FINAL
24	200	Freestyle	Male	Open	FINAL
30	50	Butterfly	Female	Open	TIMED FINAL
31	50	Butterfly	Male	Open	TIMED FINAL
25	100	Breaststroke	Female	Open	FINAL
26	100	Breaststroke	Male	Open	FINAL
32	50	Freestyle	Female	Open	TIMED FINAL
33	50	Freestyle	Male	Open	TIMED FINAL
34	4 x 100	IM Relay	Mixed	Open	TIMED FINAL

ELIGIBILITY -

- This event is for **COMPETITIVE** and **CLUB** swimmers who are registered in the SNZ database and are financial as at the date of the meet.
- Swimmers have the opportunity to gain qualifying times for Regional, Zonal and National Meets.
- **Age as at first day of meet – 27th February 2021**
- There is no limit to the number of individual entries, although the Technical Directors reserves the right to restrict event numbers if entries exceed the nominated timeframe.
- **Technical Directors: Stu Woods & Susan Barriball**
- There is no qualifying period for this meet.
- Entry times long course. Times may be converted from SC times.
- Individual entry times will be generated by the SNZ Database. Approved and unapproved performances from Regional and Local meets, where times are held in the database, will be eligible for use to enter this meet.
- There is no limit on entries from clubs outside the Waikato region
- “NO TIME” will not be accepted.

ENTRY PROCESS -

- **ENTRY FEE: \$10.50 per event**
- Entries for Individual events will be online through **FASTLANE** on the SNZ membership database.
- Online entries will close at **11:59pm on Thursday 18th February 2021**
- Late entries will incur a fee of \$50 per swimmer, which must be paid to Swimming Waikato prior to the start of the meet – Account no: 12-3122-0312567-00
- All enquiries to our Meet Recorder, Rachael Thomas: swentries@gmail.com

CASH PRIZES – OPEN

- 1st placed open finalists - \$60 (excluding Timed Final events)
- 2nd placed open finalists - \$30 (excluding Timed Final events)
- 3rd placed open finalists – \$20 (excluding Timed Final events)
- 4 x 100 Open Mixed Freestyle Relay - \$400
- 4 x 100 Open Mixed IM Relay - \$400

-All relay teams must be composed of four swimmers who have competed in a minimum of 2 individual events each. Both relay events will require a minimum of six relay teams before event will be sanctioned for a cash prize.

VOUCHER PRIZES – AGE GROUPS (12 & Under, 13-14 yrs., 15-16 yrs.)

- Fastest Male Heat Swim in each age group - **\$20 Teamline Voucher** (100, 200, 400 Events Only)
- Fastest Female Heat Swim in each age group - **\$20 Teamline Voucher** (100, 200, 400 Events Only)

COMPETITION INFORMATION –

- Finals will be swum as A & B Open Finals with the top 16 males and females regardless of age
 - A minimum of 20 able-bodied swimmers need to have swum in the heats for there to be both an A & B Final in the evening sessions.
 - Finalists to also include two reserves for those events, who have to report to marshalling
 - Access to this meet will be via the main entrance at Waterworld.
 - Waterworld charges a **\$2.00** entry fee for spectators.
 - Team Coaches, Managers, Officials, Timekeepers and Swimmers are exempt from this charge.
 - Reseeding may be done at the discretion of the Technical Directors.
 - Over the top starts will apply for all events.
 - Please exit the pool at the side. Do not swim over the lane ropes.
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- Entry into the pool for backstroke events will be feet first. No swim back permitted.
 - Marshalling Procedure— Self-marshalling will be employed during all events.
- Warm Up Procedure— Lane 1 shall be for Para swimmers (if applicable) and Lanes 7 and 8 will be sprint lanes for the duration of each warm-up.
- Results— Results will be posted as soon as possible on the notice board in the complex. Live results will also be accessible via Meet Mobile where the internet connection allows.
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- Team Managers Meeting— A Team Managers meeting will be held at 8.45am on the morning of Saturday the 27th of February. Each club is asked to have at least one representative at this meeting to ensure all information is delivered back to the swimmers.

MEET CONDITIONS –

- The meet will be conducted under Swimming New Zealand's 'SNZ Regulations and Bylaws and FINA Rules', except where local meet rules and conditions apply.
- All participants must agree to comply with the Sports Anti-Doping Rules.
- Athletes who hold a Para Classification are eligible to participate in this programme (under IPC Rules) and will be seeded amongst able-bodied athletes on the basis of entry times. It is the responsibility of the athletes (or their Team Manager) to show the Referee their IPC Classification before they swim. The Referee will use their best efforts to judge the swim under the applicable IPC Rules

· Swimmers with strapping must provide documentation from a relevant registered health practitioner or physiotherapist and be reviewed by the Technical Directors prior to swimming. Any swimmers without such documentation will not be permitted to swim.

· Participants who have entered this event agree to allow photograph, video, multimedia or film likeness taken by accredited photographers to be used for any legitimate purpose by Swimming Waikato, a club affiliated to Swimming Waikato or local media.

PSYCH SHEETS / MEET PROGRAMME —

· Psych sheets will be circulated to club recorders and coaches, and by email to all competitors who have entered the meet. Competitors are responsible for checking names, entries and events are correct on receipt of information and advising Swimming Waikato of any errors by 5pm on Tuesday 23rd February 2021. Corrections will only be made to entries where errors have occurred. Final psych sheets will be posted on the website and sent out a minimum of three days before the start of the meet.

· This is a paperless meet. The meet programme, along with a timeline (guide only) will be uploaded to the Swimming Waikato website and forwarded to club recorders and coaches, and by email to all competitors, at least three days prior to the start of the meet.

OFFICIALS -

· As per Swimming New Zealand regulations, there is a minimum number of voting technical officials required for a meet to be classed as approved.

· It is the responsibility of the Clubs and members of the swimming community to ensure they contribute to the success of the meet by assisting with the provision of officials. Where the required number of officials are not forthcoming, the results from the meet will be unapproved.

· Please fill out the Coaches, Team Managers and Officials google form below. This form allows Club Recorders to provide the names of their Team Coaches, Managers, Officials and Timekeepers which will allow the Swimming Waikato Team to manage their entry into the meet.

· The form should be completed by Monday **22 February at 5pm**. Only those people whose names appear on the form will be allowed free entry to the meet.

· When the draft psych sheets are circulated, clubs will be given their timekeeper allocation so that these names can be included on the form also.

Ratios for Coaches/Managers -

- 1-10 swimmers = 2 coaches/managers
- 11-20 swimmers = 3 coaches /managers
- 21-30 swimmers = 4 coaches/managers
- 31+ swimmers = 5 coaches/managers

GOOGLE FORM LINK:

[Waikato Summer Long Course Volunteers](#)

SCRATCHINGS / WITHDRAWALS -

- Refunds will only be made if a medical certificate is provided to the Meet Recorder within 24 hours of the draft psych sheets being circulated. All refunds are at the discretion of the Technical Directors. **Refunds will not be provided for scratchings received after this time.**
- Scratching's for the first session must be submitted to the Control Room no later than 1 hour prior to the start of racing.
- For subsequent sessions, scratching must be submitted no later than 30 minutes **before the end** of the previous session.
- Swimmers will be deemed to have scratched if they are not lined up behind the blocks prior to the start of the race.
- Any competitor or team who withdraws from finals more than 30 minutes after the heat in which qualification was earned shall pay without excuse to Swim Waikato a \$50.00 penalty fee.
- There will be a \$20 fee payable to Swim Waikato on the day for all scratchings from finals
- For timed finals withdrawals must be advised by the end of the session preceding the start of the timed final event. i.e. the day before. If this timed final is in the first session of the meet the Withdrawal must be received immediately following the conclusion of the Team Managers Meeting.
- A Swimmer will deem to have withdrawn from a final if they do not report to the Clerk of Course, Marshall at the appropriate time prior to the event, and the withdrawal fee will apply

PROTESTS -

- Protests must be submitted within 30 minutes following the conclusion of the respective event. The protest fee is set at \$100.00; this is payable upon submission of the correctly completed protest form.

DISQUALIFICATIONS -

- Disqualifications will be announced and a copy of the DQ form will be put in the Club Team Manager's box.

EMERGENCY & SAFETY PROCEDURES

Under the Health & Safety at Work Act 2015, it is necessary for us to advise you of the hazards that may affect you whilst attending a Swimming Waikato Meet.

Notified Hazards -

Floor surfaces may be slippery when wet. *No* running.

Stadium concrete & seating may be slippery when wet.

Caution around electronic cords (Starting & Timing equipment)

Please advise the Referee or pool staff if you observe a potential hazard.

Please ensure any young children are aware of these hazards.

This meet will include a sequence of flashing lights that may affect those who are susceptible to photosensitive epilepsy or other photo sensitivities

In General -

Please familiarize yourself with the pool layout, exits and equipment.

And please take time to discuss with your Club how you will react and look after your Club members in the case of an emergency.

In an emergency -

If you are required to contact Emergency Services, the address directions are:

“50m indoor Pool Waterworld Garnett Avenue HAMILTON”

Please note that Pool Staff are trained in First Aid & CPR.

For evacuation -

Stay Calm_____

Three (3) loud blasts on the whistle by the Referee shall clear the pool.

Leave the pool complex as directed by Pool Staff or Swimming Waikato Technical Officials.

Assembly locations are dependent on the exit used—

Side door—assemble opposite the bike racks towards the front of the building

Lido door — assemble out towards the boundary fence

Main front doors—assemble opposite the bike racks

Assist Team Managers and Officials to evacuate the swimmers safely.

Conduct a roll call to account for all persons (Children and Adults) in **your** Club.

Notify the relevant emergency Services as required.

During the Meet -

Please take care to ensure the health and safety of yourself and others.